

As the below named inventor of this patent application titled,

I hereby declare :

That I am the original first inventor of the subject matter which is claimed in the above identified patent application;

That I hereby state that I have reviewed and understand the contents of the above identified patent application, including the claims;

That all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true ; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that willful false statements may jeopardize the validity of the application or any patent issued thereon.

That as the named inventor I hereby appoint the following attorney(s) and/or agent(s) to prosecute this application and transact all business in the Patent and Trademark Office connected therewith:

Manny W. Schecter (Reg. No. 31,722), Lauren C. Bruzzone (Reg. 35,082), Christopher A. Hughes (Reg. 26,914), Edward A. Pennington (Reg. No. 32,588), John E. Hoel (Reg. No. 26,279), Joseph C. Redmond Jr. (Reg. No. 18,753) Stephen C. Kaufman (Reg. No. 29,551), Robert M. Trepp (Reg. No. 25,933), Louis P. Herzberg (Reg. No. 41,500), Daniel P. Morris (Reg. No. 32,053), Paul J. Otterstedt (Reg. 37,411). Louis J. Percello (Reg. No. 33,206), Douglas W. Cameron (Reg. No. 31,596), Marian Underweiser (Reg. No. 46,134), Richard M. Ludwin (Reg. No. 33,010), Marc A. Erlich (Reg. No. 39,966), Robert P. Tassinari (Reg. No. 36,030), Dereck S. Jennings (Reg. No. 41,473), and Gail Zarick (Reg. No. 43,303).

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IBM Docket No. YOR920000192US1

DECLARATION AND POWER OF ATTORNEY FOR PATENT APPLICATION

Send correspondence to Alvin J. Riddles
Box 34, Candlewood Isle
New Fairfield, Ct. 06812

Direct Telephone Calls to (914) 472-0644 (203) 746-3470

Alan Gene Gara
Full Name of inventor

Ulu Same Love

Jan 29, 2001

Inventor's Signature and Date

38 Marion Ave., Mount Kisko, Westchester County, New York, 10549
Inventor's County and Residence

USA

Inventor's Citizenship

Same as above

Inventor's Post Office Address

END OF DECLARATION

Figure 1 is a schematic representation of the experimental design. It shows a flow from 'Study 1' to 'Study 2'. Study 1 involves 'Pretest' and 'Main Study'. Study 2 involves 'Pretest' and 'Main Study'. The 'Main Study' in both studies involves 'Participants' and 'Conditions'. The 'Conditions' are 'Control' and 'Intervention'. The 'Intervention' is 'Cognitive Behavioral Therapy (CBT)'. The 'Control' is 'Waitlist Control'. The 'Intervention' is 'Cognitive Behavioral Therapy (CBT)'. The 'Control' is 'Waitlist Control'. The 'Intervention' is 'Cognitive Behavioral Therapy (CBT)'. The 'Control' is 'Waitlist Control'.

Variable	Mean	SD	Min	Max
Age	34.5	10.2	18	65
Gender	0.45	0.50	0	1
Marital status	0.60	0.49	0	1
Education	12.5	1.5	9	16
Income	15.2	8.5	5	35
Occupation	1.2	0.8	0	2
Health status	0.75	0.43	0	1
Stress level	2.1	1.2	1	4
Life satisfaction	3.8	1.5	1	5
Resilience	2.5	1.0	1	4
Optimism	3.2	1.1	1	4
Self-efficacy	2.8	1.0	1	4
Emotional stability	3.5	1.2	1	5
Prosocial behavior	2.9	1.1	1	4
Empathy	3.1	1.0	1	4
Altruism	2.7	1.0	1	4
Compassion	3.0	1.1	1	4
Kindness	2.8	1.0	1	4
Generosity	2.6	1.0	1	4
Helpfulness	2.9	1.1	1	4
Cooperativeness	2.7	1.0	1	4
Teamwork	2.8	1.0	1	4
Leadership	2.5	1.0	1	4
Communication	2.9	1.1	1	4
Conflict resolution	2.6	1.0	1	4
Problem solving	2.8	1.0	1	4
Decision making	2.7	1.0	1	4
Goal setting	2.9	1.1	1	4
Time management	2.6	1.0	1	4
Organization	2.8	1.0	1	4
Productivity	2.7	1.0	1	4
Efficiency	2.9	1.1	1	4
Quality of work	2.6	1.0	1	4
Job satisfaction	2.8	1.0	1	4
Engagement	2.7	1.0	1	4
Commitment	2.9	1.1	1	4
Retention	2.6	1.0	1	4
Turnover	2.8	1.0	1	4
Absenteeism	2.7	1.0	1	4
Punctuality	2.9	1.1	1	4
Reliability	2.6	1.0	1	4
Accountability	2.8	1.0	1	4
Responsibility	2.7	1.0	1	4
Integrity	2.9	1.1	1	4
Honesty	2.6	1.0	1	4
Trustworthiness	2.8	1.0	1	4
Openness	2.7	1.0	1	4
Conscientiousness	2.9	1.1	1	4
Agreeableness	2.6	1.0	1	4
Neuroticism	2.8	1.0	1	4
Extraversion	2.7	1.0	1	4
Introversion	2.9	1.1	1	4
Social skills	2.6	1.0	1	4
Interpersonal skills	2.8	1.0	1	4
Networking	2.7	1.0	1	4
Relationship building	2.9	1.1	1	4
Conflict management	2.6	1.0	1	4
Stress management	2.8	1.0	1	4
Emotional regulation	2.7	1.0	1	4
Self-awareness	2.9	1.1	1	4
Self-reflection	2.6	1.0	1	4
Personal growth	2.8	1.0	1	4
Learning	2.7	1.0	1	4
Adaptability	2.9	1.1	1	4
Flexibility	2.6	1.0	1	4
Resilience	2.8	1.0	1	4
Optimism	2.7	1.0	1	4
Positivity	2.9	1.1	1	4
Hope	2.6	1.0	1	4
Confidence	2.8	1.0	1	4
Self-esteem	2.7	1.0	1	4
Self-worth	2.9	1.1	1	4
Self-compassion	2.6	1.0	1	4
Kindness	2.8	1.0	1	4
Generosity	2.7	1.0	1	4
Helpfulness	2.9	1.1	1	4
Cooperativeness	2.6	1.0	1	4
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Goal setting	2.9	1.1	1	4
Time management	2.6	1.0	1	4

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Commissioner of Patents and Trademarks
Washington, D.C. 20231
Sir:

Please Direct all correspondence to:

~~Respectfully submitted~~

IBM Corporation
Intellectual Property Law Dept.
Box 218
Yorktown Heights, N.Y. 10598
(914) 945-3197